

YMCA Youth Basketball League Rules

1. The rules for the League will be rules from the National Federation of State High School Associations except where YMCA special rules are noted.
2. Week 1 shall be practice only, jersey pickup, meet your coach, organizational, etc.
3. 2 & 3 Grade only = ½ hour of practice/skills shall precede each weekly game. Then, four - 8 minute quarters will be played, against your opponent.
4. 4 & 5 Grade only = A game will consist of 4 quarters, 10 minutes per quarter with a running clock. The clock will stop for injury or time out only. There will be 2 minutes between the each quarter and 5 minutes at the half.
5. Playing rule = Every player will play 1 / 2 the game minimum. No player will play the entire game unless there are only 5 players. All players should receive equal playing time.
6. Game scores will be kept by volunteers for 4 & 5 Grade. No scores for 2 & 3 Grade. Flip scores will be made available.
7. No seconds-in-the- lane rule will be followed, unless a player(s) are abusing the privilege. Warnings will be given, the enforcement.
8. Players cannot foul out of a game. However, if players are continuously fouling, referees may ask a player to leave the game. Continuous fouls are considered an unsportsmanlike act.
9. 2 free throws will be shot when player is fouled in the act of shooting.
10. Each player must start one game and be given the opportunity to play each position. Coaches must treat each player with respect, dignity and equality.
11. Game with begin with a jump ball and then go to alternating possession for each quarter.
12. A team must have 4 players present to begin a game. If not, a game will be played with whoever is present from the 2 teams and be an intersquad game. (scrimmage)
13. Team members must wear matching shirts. The YMCA will provide game shirts for all players.
14. No team may play defense before the ball is over half court, and then they must play man to man defense. A player must be within 3 feet of his/her man. Once the ball crosses half court, the defense may guard the man anywhere.
15. Players, who are inbounding, must be given 3 feet by the player guarding them.
16. Any player who receives 2 technical fouls in a game will be ejected from the game. If a player is ejected twice during the season, they will be ejected from the league. No refund!
17. There will be 4 time outs per game, 2 per half. Time outs shall be 2 minutes.
18. All fouls and violations will be called at the discretion of the referees. No protests are allowed. Referee decisions are final.
19. All jump balls will go to the defense, and all offensive fouls result in a turn over.
20. Substitutions may be made on any dead ball situation, except in the case of injury.
21. Coaches, players, and spectators will not abuse officials, YMCA staff, players, coaches, spectators from the other teams. Violators will be ejected and must meet with the YMCA Program Director. The league is for FUN!

